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CANADIANS AND OSTEOPOROSIS



ONE IN 3 WOMEN AND 1 IN 5 MEN WILL BREAK A BONE BECAUSE OF OSTEOPOROSIS.

OSTEOPOROSIS IS CHARACTERIZED BY BONE LOSS THAT LEADS TO INCREASED BONE FRAGILITY AND FRACTURES, THAT CAN LEAD TO REDUCED MOBILITY, DECREASED INDEPENDENCE AND CAN IMPACT QUALITY OF LIFE.



Canadians think only **47%** of broken bones after 50 are due to osteoporosis.

IN FACT

AT LEAST **80%** OF FRACTURES AFTER 50 CAN BE ATTRIBUTED TO OSTEOPOROSIS.

Canadians think that bone loss begins around age **45**

IN FACT

BOTH MEN AND WOMEN BEGIN TO LOSE BONE MASS IN THEIR **MID-THIRTIES**.



85% of Canadians don't know that osteoporosis has no symptoms.

IN FACT

THE FIRST SYMPTOM IS OFTEN A BROKEN BONE.

65% of Canadians don't think osteoporosis is a fatal disease.

IN FACT

OVER **30%** OF PEOPLE WHO SUFFER A HIP FRACTURE **WILL DIE** WITHIN THE FOLLOWING YEAR.

85% of Canadians don't know that osteoporosis fractures are more common than heart attacks, stroke and breast cancer.

IN FACT

FRACTURES FROM OSTEOPOROSIS HAPPEN MORE OFTEN THAN HEART ATTACK + STROKE + BREAST CANCER **COMBINED**.



52% of Canadians don't know that osteoporosis **can't** be cured.

IN FACT

OSTEOPOROSIS CAN ONLY BE TREATED. **THERE IS NO CURE. PREVENTION IS KEY.**

66% of Canadians think it's possible to get enough calcium from foods other than milk products.

IN FACT

MILK PRODUCTS NATURALLY CONTAIN **MORE CALCIUM** PER SERVING THAN ANY OTHER FOOD. THEY ALSO CONTAIN OTHER BONE-BUILDING NUTRIENTS SUCH AS PROTEIN, PHOSPHORUS, AND MAGNESIUM.

HOW TO KEEP YOUR BONES HEALTHY



GET ENOUGH CALCIUM-RICH FOODS SUCH AS MILK PRODUCTS.



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Survey stats from Ipsos, 2016



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NOV 4-6
HALIFAX FORUM



FOODS • ART



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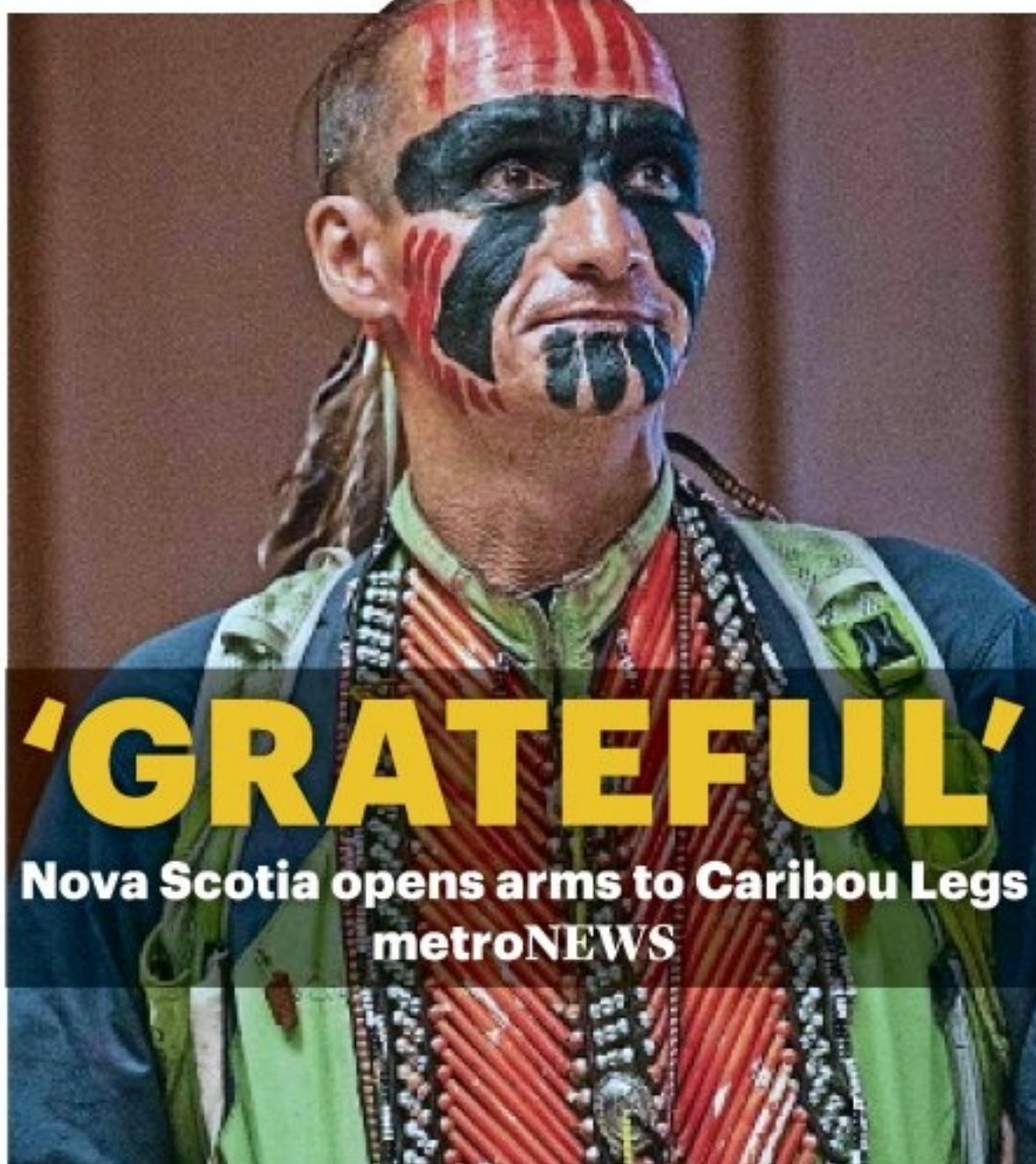
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'GRATEFUL' **Nova Scotia opens arms to Caribou Legs** **metroNEWS**

Gwich'in man Caribou Legs, who also goes by Brad Firth, speaks at the Museum of Natural History in Halifax on Sunday. He is running across Canada to raise awareness about missing and murdered indigenous women. **JEFF HARPER/METRO**

Setting the record straight in District 9

ELECTION

Judicial recount slated for Monday after allegations of wrongdoing



Zane Woodford
Metro | Halifax

The election results in Halifax's District 9 will be put to the test in a judicial recount on Monday.

Only 106 votes separate Shawn Cleary and Linda Mosher for councillor of Halifax West Armdale, according to official results from the municipality.

"It speaks to her character and her nature that perhaps she just doesn't want to let this go, and I can understand that," said Cleary, an assistant professor at Mount Saint Vincent University.

While he doesn't agree with her motives, calling it a frivolous challenge, he said the recount is Mosher's legal right.

Mosher, the now former councillor of the district, said that on the night of the election, scrutineers from her campaign were not able to properly see the votes being counted.

Cleary acknowledges that it happened to every campaign at the St. John the Baptist polling location, but said it was quickly resolved.

Mosher also alleges that she received a text message from local hotdog vendor the Dawgfather PHD saying she'd been "cheated and robbed out of the election, and that she should fight for her seat."

Kydd said he "went underground," and told the police that he had proof of the allegation, but said he's "not a rat."

Asked if the campaign would respect the outcomes of the recount, Kydd said it depends on the outcome of that investigation.

"(Mosher) respects the will of the voters and if the results come back the same, I'd say there's a good strong chance that we're going to endorse Mr. Cleary and wish him well, but we take these allegations seriously," he said.

"If the police come back and they

"In the interest of democracy, I'll let it proceed and we'll find out what the number of voters are again, just like we did on election night. Shawn Cleary

"He said that he had proof that she had been cheated out of 311 votes," Mosher's campaign manager Mike Kydd said in an interview.

The campaign went to the police about the allegation, and Kydd said their investigation is ongoing. But the Dawgfather hasn't been much help.

say they're confident, and Elections Halifax comes back and says they're confident that there's no merit to the allegations, we'll accept the results and move on."

Cleary said he won't question the judge's decision.

WITH FILES FROM ALEX QUON

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TRADITION

Tree to show off Mi'kmaq heritage

It is by tradition the first Christmas tree to be lit every year on the Boston Common — a gift from Nova Scotia for the American city's help 99 years ago when the Halifax Explosion killed or injured 11,000 people.

The province has announced it has picked its 2016 tree, which will come for the first time from Cape Breton and be sent off with a distinct Mi'kmaq flavour.

The 14-metre white spruce will be taken from Crown-owned land close to the Waycobah First Nation. The Nov. 15 tree-cutting will feature a drum group from Waycobah as well as a fiddler and bagpiper.

The Dec. 1 lighting ceremony in Boston is expected to draw 30,000 people, with 240,000 more watching live on TV.

Waycobah Chief Rod Googoo says his people are proud to take part, because the Mi'kmaq were the first to recognize the United States as an independent country in 1776.

Boston famously sent medical personnel and supplies after the Halifax Explosion, which killed almost 2,000 people and levelled a Mi'kmaq village when a munitions ship exploded in Halifax Harbour on Dec. 6, 1917.

THE CANADIAN PRESS

Police not ruling out gun charges in hunting death

INVESTIGATION

Man shot and killed in accident in Mahone Bay



Zane Woodford
Metro | Halifax

Police in Nova Scotia say it's too early to rule out charges after a 52-year-old man from Halifax was killed in a hunting incident.

"Two individuals were out hunting deer when one was shot," said RCMP spokesperson Cpl. Andrew Joyce.

Joyce said the two men knew each other, but they were not out hunting together. The incident happened on Big Tancook Island in Mahone Bay.

Asked whether charges were expected, Joyce said it's too early in the investigation to say, but added that police would be looking into firearm charges.

The man involved is being cooperative with police, and was questioned and released over the weekend.

He made the call to police on Friday just after 1 p.m.

Joyce wouldn't say incidents like these are common, but said "it does happen from time to time."

He urged hunters to follow proper safety procedures, and think twice while hunting.

WATER ART BRINGS AWARENESS TO PLASTIC PROBLEM

Stephen Flynn, co-founder of Tap, covers the Wave on the Halifax Waterfront with close to 2,000 plastic bottles on Sunday. The one-day art project aimed to bring awareness to the harms of single use plastic water bottles. Their startup app lets people find nearby places to fill up their water bottles for free. For more information visit drinktap.ca.

JEFF HARPER/METRO



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'People are listening ... it's resonating inside their soul'

INDIGENOUS RIGHTS

Activist runner Caribou Legs enthused by reaction in N.S.



Zane Woodford
Metro | Halifax

After running through nearly every province in Canada, Brad Firth says Nova Scotia has greeted him with the warmest welcome.

Firth, a marathoner of the Gwich'in First Nation who goes by the name Caribou Legs, is running across the country to raise awareness of missing and murdered Indigenous women.

"Definitely the conscious level has been raised right across Canada, but even more so in Nova Scotia here," Firth said before a meet and greet event on Sunday at the Museum of Natural History in Halifax. "I'm really grateful that people are listening. People are stopping to shake my hand, so it's resonating inside their soul, and rightfully so."

Firth has been running about 75 kilometres every day since he left Vancouver on May 8. He's scheduled to wrap up the run next week in St. John's.

He told the crowd of about 40 at the museum on Sunday that Nova Scotia has been the highlight of the run.

"I feel really satisfied that Nova Scotia has come out more so than any other province," he said.

In other parts of the country, he didn't get the same greeting.

In Alberta, Firth said police pulled over, handcuffed and



Gwich'in man Caribou Legs, who also goes by Brad Firth, speaks at the Museum of Natural History on Sunday, and, right, on the road running this past summer. JEFF HARPER/FACEBOOK

searched him while he was running on the highway. And he was treated with disrespect in the Prairies.

"When I was walking through Saskatchewan, they were throwing stuff at me, spitting at me. Manitoba was

like that too. Scowling at me, giving me the finger, glares, talking behind my back. Just really, really rude, ignorant, immature remarks," he said. "But Nova Scotia, complete opposite. Just a beautiful reception. Even when I don't

have the make-up on, they recognize me."

Every day, Firth prays, smudges and puts on war paint before hitting the pavement.

"I just try to wake up grateful and just carry on every kilometre thinking about health and wellness and trying to get men to stand down," he said.

There's a personal connection to the run for Firth, too. His sister Irene was killed last year by her partner. Firth found out during a cross-Canada run.

"It was like a big wall of grief



coming down. It hit me really hard, almost like you're pelted with this force," he said.

He was originally going to do this run for his sister, but a friend suggested he do it for all missing and murdered Indigenous women.

"It's healing me a lot. I think about it every day," he said. "As this run goes, everybody else is healing as well. My pain is their pain. It's all about raising awareness. It's all about healing and getting this message out."

We want less Donald Trumps out there. We want less violence and we want to start praising our wives, our sisters, our mothers.

Brad Firth, aka Caribou Legs.



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Oland in Ottawa for top court bail hearing

JUSTICE SYSTEM

Appeal asks when convicted killers should be granted bail

A "very, very happy" Dennis Oland has been spending quiet time with his family since his murder conviction was overturned last week, but he will make a return to the courtroom Monday, his lawyer says.

Oland will be in Ottawa as the Supreme Court of Canada hears arguments on a potentially groundbreaking legal question: When should convicted killers be granted bail?

William Teed, Oland's Saint John, N.B., lawyer, said his client wants to be at the hearing, which stems from Oland's own case but predates last week's New Brunswick Court of Appeal ruling throwing out his conviction for the murder of his multimillionaire father.

PAST CASES

No one in New Brunswick has ever been granted bail after being convicted of murder, and there have only been about three dozen such cases Canada-wide.

Teed said Oland, a financial planner and the scion of one of the Maritimes' most prominent families, has otherwise been spending his time "very quietly" since being granted bail.

"Obviously he's very, very happy to be back with his family, and just he's enjoying that — being with them and all that goes with that," said Teed. "We have a trial to face, but right now he's just glad to be home."

The Supreme Court of Canada case is from Oland's bid for bail after he appealed his second-degree murder conviction last December in the July 7, 2011, beating death of Richard Oland, 69. THE CANADIAN PRESS



Dennis Oland and his wife Lisa, along with family members and friends, head from a bail hearing after being released from custody on Oct. 25. ANDREW VAUGHAN/THE CANADIAN PRESS

PUBLIC HEALTH

Official calls for action on opioid epidemic

Nova Scotia's public health officer has launched a multi-front battle against the eastward spread of the highly toxic painkiller fentanyl, which can kill with dosages the size of a grain of salt.

"The real risk is that people who are thinking they're smoking a joint could be taking a fatal dose of fentanyl or another opioid with that," said Robert Strang in a news conference Friday.

Strang also updated Nova Scotia figures on opioid deaths, saying so far this year there have been 49, with two of them from street versions of fentanyl and five from prescription versions of fentanyl.

When cases of near-death overdoses known as "rescues" are included, the per capita figures in the province are starting to approach those seen in Ontario, which in turn is starting to catch up to the western

provinces, he said.

Dr. David Milne, an anesthesiologist and past president of Doctors Nova Scotia, said after the meeting that Nova Scotia is fertile ground for further deaths from fentanyl, as years of overprescribing of painkillers has contributed to a growing pool of addicts.

As elsewhere in Canada, the province's supplies of OxyContin have been less accessible to abuse since 2012 due to reformulations, opening avenues for fentanyl and other opioids.

"The reason that people are concerned now is we recognize there is a background rate of drug use in the community," said Milne.

"If we put internationally manufactured or illicitly manufactured fentanyl on top of that, those medications are very, very potent and the death rate associated with that will be very, very high." THE CANADIAN PRESS

“

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Robert Strang



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COMMUNITY

Local woman strives to make city better for everyone



Yvette d'Entremont
Metro | Halifax

From leading an initiative to ensure gender-neutral washrooms at Dalhousie University to more than 20 years volunteering with immigrants, Gaye Wishart is all about creating welcoming environments.

The Halifax resident was nominated as a Halifax Hero by Immigrant Services Association of Nova Scotia (ISANS).

"Gaye has been volunteering with us and (the) Red Cross and many other organizations ... for many years," said Darlene MacInnis, practice interview co-ordinator at ISANS.

"She is an advocate, a community builder and much more."

Prior to her 2014 retirement from Dalhousie University, Wishart was well-known for having recruited, hired and trained thousands of employees throughout her career.

Her involvement with ISANS spans more than 20 years. She used her professional experience to help new Canadians with many things, including conducting practice interviews.

"I was doing them with people coming in looking to get some experience in the HR setting and giving them feedback and doing a little mentoring," Wishart said in an interview.

Over the years she con-



Immigrant Services Association of Nova Scotia nominated Gaye Wishart as a Halifax Hero. JEFF HARPER/METRO

ducted workshops on interviewing skills, and is featured in an online video still used as an ISANS training tool.

Among her volunteer tasks she also offered a course for new immigrant entrepreneurs.

As a retiree, Wishart is on the advisory committee for a Status of Women project called Moving Up Under-Employed Immigrant Professional Women. She continues to do regular practice interviews for immigrants at ISANS. Due to high demand for the service, she and a colleague have paired up to offer the work-

“It's a real privilege to be part of making the community a better place and a more welcoming and inclusive place for people.”

Gaye Wishart

shops to allow more people to participate.

"It's great. I love the amazing people that you meet," she said.

"They're so well qualified, so just to give them a hand up and some orientation to some of the HR practices that they may not be familiar with

in the Canadian context and giving them some feedback. With that feedback you can see them improve within the sessions."

Other past volunteer experiences include chairing the Avalon Sexual Assault Centre board for many years. During her time at Dalhousie, Wishart

was also actively involved in many university community activities.

Those included the Allies Steering Committee, Pink Day, Pride Parade, the White Ribbon Campaign, the United Way, the United Church Chaplaincy Committee, and the University Children's Centre Board. She was recognized for her achievements with the Dalhousie Community Award, and the DPMG Outstanding Achievement Award.

She was also behind a 2012 initiative that saw the installation of gender-neutral wash-

+ KNOW A HERO?

Nominate someone

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

rooms on the Dalhousie University campus.

"That was a great initiative. It was not difficult in the least to have done. You just need to be a little creative," she recalled. "We met no resistance at all and we had them running from one end of the campus to the other."

She said the initiative was a no-brainer.

"When you're sitting and you're listening to a trans person saying 'I haven't been to a washroom in a school since I started Grade 9' because they were so afraid, that touches you," she recalled.

"And you think 'That can't be right. We have to be able to do something about this.' The Allies took that on and it was great."

In addition to her current volunteer work with ISANS, Wishart is co-chairing a \$150,000 fundraising campaign for her church's new roof in addition to other church work.

She also serves on an ad hoc committee for the Red Cross Humanitarian Awards.

"I'm glad to be able to make a contribution and I get as much back from the volunteer work that I do," she said.

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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

I'm 33 and my boyfriend is 40. He's the greatest guy I've ever met and no one has treated me better. I have a long history of awful boyfriends and failed relationships. So when I met him I was done with romance and only wanted friendship. I knew he didn't want kids (he has a 10-year-old and had a vasectomy) but since we were just friends, I was not thinking babies.

Then I fell in love with him. Now, after two years, all I want is a baby with him. I tried to end things and meet other guys but it didn't feel right and the guys I met didn't compare so we got back together. The time we spent apart made me realize I don't want kids just for the sake of having kids (or I would have kids already). I want a baby with him. I don't want to pressure him but I'm 33 and I'm so ready and I love him! I don't know what to do. Signed, So Confused

Dear So Confused,

Wow. You're in a tough situation and I feel for you. I'm not the sort of person who thinks everyone should have kids. But for people who unequivocally want to reproduce, being denied that experience can feel truly tragic.

If you were desperate to have a baby with or without this guy, I'd say go ahead, put your cards on the table, and let the chips fall where they

Using emotional manipulation to pressure your boyfriend into parenthood is not considerate or polite.

THE QUESTION

I knew my boyfriend didn't want kids, but now all I want is a baby with him. I don't want to pressure him. What should I do?

How much of what I want
am I willing to sacrifice
in favour of
what you want?



Art: Castillo

may relationship-wise.

But your situation is a little different, since you say you don't want a baby for its own sake, but only if you can have one with him. I get that too. Unconditional love for your very own small mammal is a wondrous experience, and sharing that love is a joy you can't overestimate. But it does make your situation more difficult.

No doubt your friends have offered much useless advice. Count your blessings and settle for the relationship you've got. Or: If you have a baby, there's no guarantee you'll stay together and then you'll end up being a single mom instead of a woman in a relationship with the world's

most perfect guy. Or: Get a dog. Etc.

I actually agree with all those suggestions. But I also sense you're in no state to accept them. So I'll be more practical.

In terms of etiquette, the answer is simple. Using emotional manipulation to pressure your boyfriend into parenthood (whether it's via vasectomy reversal or adoption) is not considerate or polite. Nor, I hope it goes without saying, is physical force. Rendering your boyfriend unconscious and hiring a back-alley doctor to secretly perform a vasectomy reversal is an absolute etiquette no-no.

Note also that emotional blackmail, like most morally

indefensible behaviours, is never pragmatic. You could get a baby out of it, but the negative impact on your relationship might be irreversible and regrettable.

Assuming you have openly and thoroughly discussed this with your boyfriend, your choice seems to come down to: a) staying with him and not having a baby; or b) leaving him and not having a baby.

Either way, you're going to have to come to terms with some disappointment, and the sooner you deal with that, the happier you'll be in the long run.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Meet the millennials who are not so thrilled with Trudeau's first year

Last week, young protesters at the Canadian Labour Congress turned their backs on Justin Trudeau. I asked two young people — Zoe Luba, 22, a community organizer for the Association of Community Organizations for Reform Now (ACORN) of B.C., and Jerilynn Webster, 32, a rapper from Vancouver — to talk about how Trudeau was doing with young people.

Vicky: What did you think of the protesters?

Jerilynn: Justin Trudeau promised a lot of things and hasn't followed through or has been silent on issues. I really feel like young people are allowed to speak out against him. He hasn't been true to his word, especially through environmental issues like the Site C Dam approval and the LNG approval. Young people are very knowledgeable on climate change and the issues of what's happening in their communities.

Zoe: Any dissent from the status quo should be cherished. It takes a lot to put yourself out there and do something big like turning your back on the prime minister of Canada. It could lead to a lot of backlash.

Vicky: Do you share that sense of disappointment that people are now expressing?

Jerilynn: Yes. (Trudeau's) persona shines so bright. When he was approving projects that affect our environment — not just for First Nations but for all people —

that's where the disappointment came in.

Zoe: I appreciate that he's going to First Nations reserves or marching in Pride but I hope that he recognizes that he's only doing those things so the next prime minister actually comes from those identities.... He paves the way. It's easier for him as a white straight cis man to do that. I hope he recognizes that.

Vicky: He's the minister for youth but he's ultimately the prime minister for the next three-plus years. What do you hope to see in Year 2 of his prime ministership?

Jerilynn: There need to be more programs for young people who want to be connected to their culture. I'm talking specifically about indigenous youth. There's a state of emergency for indigenous youth because they're committing suicides at high rates.... Residential schools took away our cultural songs, dances, ceremonies, land and language. So increasing indigenous language funds and youth programming that is connecting youth to those things that residential schools and the Canadian government took from indigenous people.

Zoe: Are we talking about realistically or in a perfect world? In a perfect world, he should remove Canada from the global capitalist system. But is that actually going to happen in the next three years? No.

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Long may she reign on Netflix

TELEVISION

Biographical series *The Crown* hits all the right notes

Shinan Govani
For Torstar News Service

The Crawleys have nothing on the Windsors.

That was just one of my ascendant thoughts when making my way through the lavish new series *The Crown*, making its world premiere on Netflix Nov. 4.

Though many are a-purr about it being a substitute show for those who miss their regular dosage of Julian Fellowes — *Crown*ton Abbey, if you will — it is and isn't.

Yes, you've got all the trappings of period porn — the jewels! The getups! The table-settings! A scene of galloping horses running along the sea against a soupy grey sky right out of a J.M.W. Turner water-colour!

And yet, this 10-part Netflix

offering — written by Peter Morgan, who also scripted *The Queen*, with Helen Mirren — is more like the stepchild spawn of *Downton Abbey* and *House of Cards*.

Where *Downton* was always a Ferrero Rocher of a series — a place where family and hearth ruled the day, where even sad-emoji storylines saw love triumph and goodness reign — *The Crown*, tracking the earliest years of Queen Elizabeth II — is a darker chocolate still.

Its core subject is power — be it gender politics (a girl at 25 years old becoming, in 1952, the most famous woman in the world), the chessmanship of palace courtiers, the see-saw between her and Winston Churchill (who's in the winter of his life — and the first of 13 prime ministers, and counting, she'll come up against).

Another thing: in the way in which *The Crown* leeches off far-away-but-not-too-far history, it's the best such series since *Mad Men*, with some of the same nuance and empathy. (There is, for instance, one fabulous scene involving the elaborate pantomime involved in connecting phone lines, in an attempt to put in a call from the Queen's sister, Princess Margaret, to Her Majesty.)

And, OK, while I'm comparing other shows, let's just say that the way in which *The Crown* throbs with the tensions of social codes, broken at the breaker's peril — not to mention the insidiousness of emotional repression — it's dicier that anything you'll see on *The Walking Dead*.



Claire Foy nails the role of Queen Elizabeth II in both her girlishness and her steeliness, while bringing us the origin story of a woman who's been famous for longer than any other on earth. CONTRIBUTED

OBSERVATIONS FROM THE CHEAP SEATS

1 Households, meet names

The ensemble is top-notch, *The Crown* providing a fresh crop of names we're going to be seeing a fair amount in the celebrity ecosystem. Claire Foy's eyes do a lot of work here, her Elizabeth II never better than when she is watching and being watched.

Matt Smith, who plays Prince Philip — the one-time navy cadet who must deal with kneeling to her at the coronation — is also a standout.

2 Sister, sister

Whatever psycho-warfare that went forth between Mary and Edith in *Downton Abbey* looks like positive child's play compared to the pas de deux between the Queen and her sis, Margaret, in *The Crown*. The latter, who eventually begins lashing out against the monarch both to her face and through subtle digs through the press, has to live in the Queen's proverbial shadow. Vanessa Kirby, who plays Princess Margaret, is on point.

3 In exile, a former king

The first few episodes of *The Crown* are best viewed as kind of sequel to *The King's Speech*. It all gets going, that is, with King George VI, played by Jared Harris, on the throne, his health slowly fading.

Meanwhile, the ghosts of a previous world-stopping scandal — when Edward VIII abdicated the throne some 16 years prior in a desire to marry American divorcee Wallis Simpson — looms in the corners. Both Edward and Wallis show up, and the two of them begin acting as a kind of Greek Chorus on the goings-on at Buckingham Palace. The hate, meanwhile, is mutual.

CORRECTION

Incorrect information appeared in the Friday, Oct. 28 Netflix horror movie roundup. Only three of the listed films are streaming in Canada. A new list has been posted at metronews.ca. METRO



JOHANNA SCHNELLER WHAT I'M WATCHING

Guest's study in schadenfreude

THE SHOW: *Mascots*
THE MOMENT: The specialty channels

The World Mascot Competition is happening in Anaheim, CA, and Upton French (John Michael Higgins) might air it on his Gluten Free Channel. "It's owned by Panorama Data Com," he tells the camera. "I've done a bunch of shows for them, starting with the sailing networks, SN1 and 2."

SN1 went under after Santa Claus drowned during a live

telecast. "But I licked my wounds and kept going," French says to the Varicose Vein Channel, then to FRC, "the fence and railing channel. That played well with women."

"We love the bad guys," pipes up French's protégé, Jessica Mundt (Maria Blasucci), who worked on the Elevator Channel and the "hit show" *Does That Smell Normal?*

Writer-director Christopher Guest has rounded up his usual suspects (Parker Posey, Bob Balaban) and some newcom-

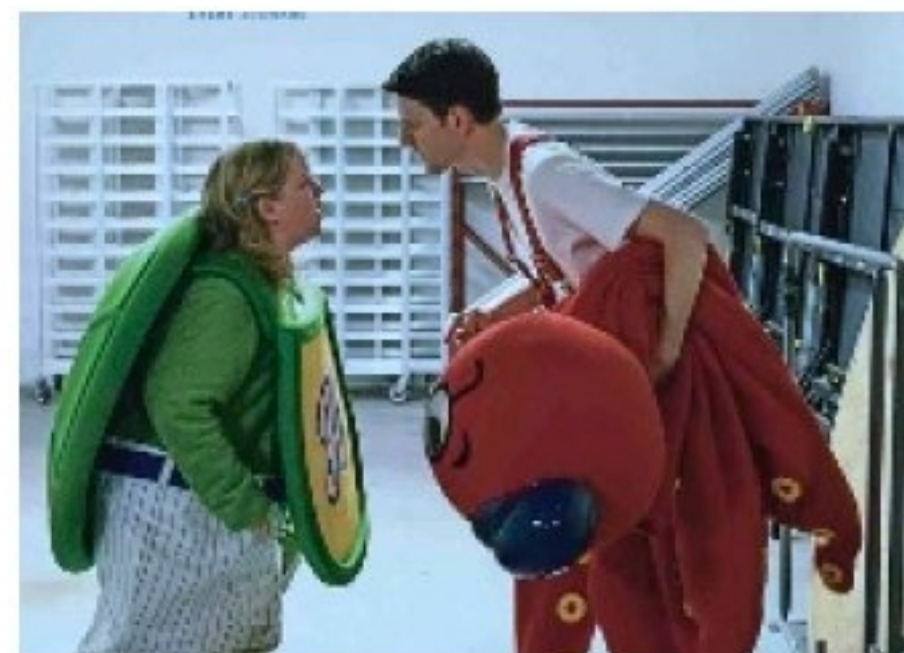
ers (Zach Woods, Chris O'Dowd) for another faux-documentary on the outer fringes of show biz — this time, the anonymous zealots who toil inside mascot costumes.

Don't mistake familiar for easy, though. The brilliant cast delivers deadpan gems about our collective need for fame — or at least acknowledgment — which, thanks to social media and the multi-channel universe, has only intensified since 1996's *Waiting for Guffman*.

As always, Guest finds poign-

ancy in folks like Phil (Christopher Moynihan), who dons a nonsensical Plumber costume to boost a football team. "For me, it's the sound of the crowd," Phil says. "You can't really hear it inside the head, but you can hear that there is a sound. The sound of that sound — that's the greatest sound in the world."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



New mockumentary *Mascots* stars Sarah Baker as Mindy Murray, shown here squaring off against husband Mike (played by Zach Woods). CONTRIBUTED

Caviar dreams on a tuna can budget

SPENDING

The lure of the label is causing many to go into debt

Gail Vaz-Oxlade
For Metro Canada



There's a trend among folks to define themselves by the brands they buy. The people fall for brand names, and they fall hard, whether it's a designer handbag or a hot new piece of technology.

It seems these people's self-esteem is less about what's inside and more about how they can get other people to admire — or is it envy — them.

Designer labels were once the domain of the wealthy, but easy access to credit has let people buy crap with a label they really can't afford and still pay their rent.

If they had to choose, I wonder how many would have opted to spend their



Buying based on the label is not a smart idea, advises Gail Vaz-Oxlade. iStock

monthly food allowance on a high-priced brand? But later, as their disposable income is eaten by monthly payments, they beat their breasts and wail about the mess they've made.

So why are people willing to go into debt for the dubious pleasure of saying that

they own a specific brand? Could the lure of the label be more than just a case of "Wannabe Wonderful"?

From the Institute of Education at National Sun Yat-Sen University in Taiwan comes research that demonstrates brands matter to people's egos. And it's not

just the young who are susceptible. In one experiment, seniors were asked to compose resumes on Macs, some with generic keyboards and some with Apple accessories. Y'know what? Those assigned to the computers with generic accessories expected to make less (\$976) than those

who used the Apple accessories (\$1,071). What's up with that?

In a second experiment, after completing complicated dating profiles, students were given the phone number of their "match" and a phone in which the battery was dead. Researchers gave half the students a generic replacement battery and the other half a brand-name battery. After five-minute phone calls, students were asked to rate, on a scale of 1 to 7 (1 being "least attractive" to 7 being "very attractive"), how they thought their matches would rate them. Those using the generic product rated their attractiveness at an average of 3.7; the brand-name group rated themselves at 4.6.

Have we become so brand-focused that the kind of battery we use impacts our self-perceptions? Wow.

And how do we protect our children from this phenomenon? I know I don't want either of my kids to believe that they can buy a sense of self. I want that sense of who they are to come from what they achieve and how they

\$ MONEY

Making choices

Are you a brand hound? Does the label matter so much that you wear it like a badge of honour? And do you spend money you could be saving for your future to impress others and, perhaps, yourself? Some brands come with quality assurance. Some are simply a signal to others that you're special because you can afford the label. But if you can't actually afford the label — if you're buying anything on credit — then the image you're creating is a lie. And you should stop lying, at least to yourself.

GAIL VAZ-OXLADE/FOR METRO

interact with the world. I want them to know who they are. I want them to be happy and I want their stuff to play no role in defining them.

For more money advice, visit Gail's website at gailvazoxlade.com

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ZACHARY STEVENSON

From the internationally acclaimed "Buddy Holly Story" film, Zachary Stevenson has been the starring role as Buddy Holly in several different productions. He has performed in the film "The Buddy Holly Story" and "The Buddy Holly Story: The Musical".

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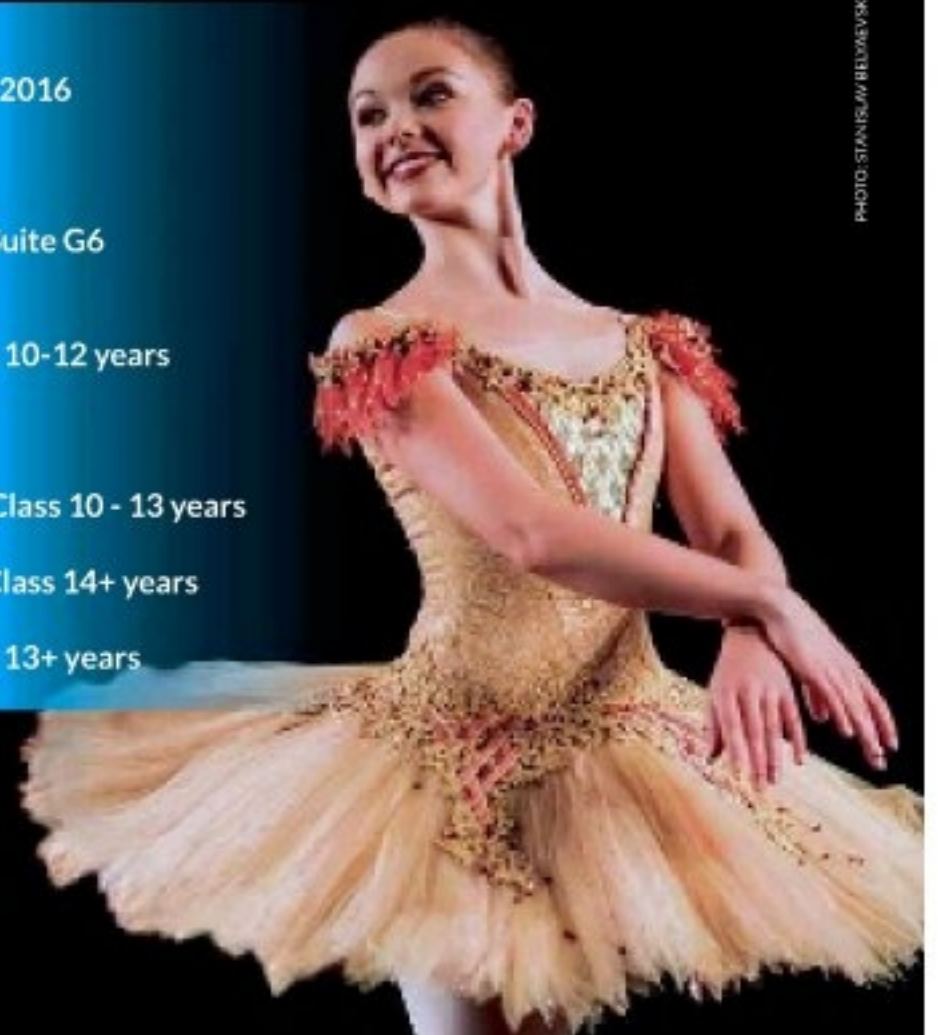


PHOTO: STANISLAW HELMERSKY



Gareth Bale's contract extension with Real Madrid will make him the highest paid soccer player at a reported 150M euros over the next six years

QMJHL

Resop's troubles continue vs. Eagles



Dylan DesRoche
For Metro | Halifax

Kevin Resop's rough campaign continues for the Halifax Mooseheads.

Resop allowed three goals on 12 shots before being pulled in Saturday's 5-1 loss to the Cape Breton Screaming Eagles at Scotiabank Centre. He returned to start the third but the game was basically out of reach.

Resop was pegged to be Halifax's No. 1 goalie this season but he has struggled, sporting a

4.75 goals against average and a 0.845 save percentage in 11 appearances.

"Obviously there's been some good and some bad, but it's going to happen," Resop said of his play after the game. "There's going to be patches sometimes when you're not at your best."

Rookie Alexis Gravel on the other hand has done well in his debut season. Gravel is sporting a 2.50 goals against average and 0.924 save percentage. He allowed two goals on 14 shots after replacing Resop in the second.

IN BRIEF

Johnson aiming to tie record

A slot in NASCAR's record books is absolutely in reach for Jimmie Johnson.

Johnson earned one of four coveted spots in next month's title-deciding season finale on Sunday when he scored his ninth career win at Martinsville Speedway. The six-time NASCAR champion will race for a record-tying seventh championship.

THE ASSOCIATED PRESS

Cibulkova beats No. 1 Kerber

Dominka Cibulkova stunned top-ranked Angelique Kerber 6-3, 6-4 to win the WTA Finals title on Sunday.

The seventh-seeded Cibulkova was making her debut at the WTA Finals this week. THE ASSOCIATED PRESS

Sabres too strong for Jets

Kyle Okposo scored twice to lead the Buffalo Sabres to a 3-1 win over the Winnipeg Jets on Sunday, following a shutout at home Saturday.

Brian Gionta made it 2-0 on a loose puck in the first period before Okposo made it 3-0 in the second. Nikolaj Ehlers scored late for Winnipeg. THE CANADIAN PRESS

Islanders thrash Toronto

Brock Nelson and Shane Prince each had a goal and an assist and the New York Islanders beat the Toronto Maple Leafs 5-1 Sunday.

Travis Hamonic, Casey Cizikas and Josh Bailey also scored for New York as it snapped a two-game skid. Toronto lost its sixth straight road game. THE ASSOCIATED PRESS

Redskins draw after comedy of OT errors



Washington Redskins running back Rob Kelley, right, evades a tackle from Cincinnati Bengals free safety George Iloka.

TIM IRELAND/THE ASSOCIATED PRESS

NFL

Dalton fumble, Hopkins miss let Bengals off the hook

The Washington Redskins and Cincinnati Bengals played to a 27-27 draw Sunday in London as the NFL got its second tied game in a season for the first time since 1997.

The sold-out crowd of 84,488 at Wembley Stadium left deflated and even puzzled as the regulation-time shootout between Kirk Cousins and Andy Dalton turned into an overtime comedy of errors.

"It definitely feels more like a loss than a win, because we moved the ball so well and had so many opportunities to win," Cousins said. Washington (4-3-1) appeared to have the game won with 2:13 left in overtime, but Dustin Hopkins hooked his 34-yard field goal attempt wide left.

Hopkins — whose first overtime attempt sailed smoothly through the uprights but was negated by a last-second Bengals timeout — appeared calm and unruffled in the locker room. "It was slick out there, but that didn't have an effect on any of my kicks," said Hopkins, who

also was badly short on a 55-yard attempt at the end of the first half.

The Redskins got the ball back with 1:11 remaining when Dalton fumbled at the Bengals 47 on a quarterback sneak. Cousins couldn't connect downfield and tossed his final desperate pass tamely into the sideline to preserve the draw. Cincinnati is 3-4-1. The unlikely result came one week after the Seattle Seahawks and Arizona Cardinals tied 6-6. "Obviously not winning the game is disappointing," Bengals coach Marvin Lewis said. "We had opportunities on both sides of the ball to win it."

Cousins finished with 38 completions for a season-high 458 yards on a team-record 56 attempts, with touchdowns to Jordan Reed and Jamison Crowder. He also threw an inconsequential interception on a deep ball.

Dalton completed 27 of 42 for 284 yards and a touchdown to Tyler Eifert, who saw his first significant game action following off-season back surgery. Eifert made nine catches for 102 yards, while A.J. Green generated 121 yards on nine catches. Dalton also tossed a costly interception early in the fourth quarter with the Bengals driving deep into Washington territory.

THE ASSOCIATED PRESS

SUNDAY in London

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THE TOP 6@6

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- 5 Tory Lanez **Luv**
- 4 Ariana Grande ft. Nicki Minaj **Side To Side**
- 3 The Weeknd ft. Daft Punk **Starboy**
- 2 Twenty One Pilots **Heathens**
- 1 Bruno Mars **24K Magic**



Find the Virgin Radio logo at www.virginradio.ca or [Twitter: VirginRadio1013](https://twitter.com/VirginRadio1013)



SEEKING DIVINE INTERVENTION Rev. Burke Masters conducts an outdoor mass in the Wrigley Field stands prior to Game 5 of the World Series on Sunday in Chicago.

CHARLIE RIEDEL/THE ASSOCIATED PRESS

Bullpens getting busier

WORLD SERIES

Relief pitchers seeing more action than ever

Managers head to the mound and point to the bullpens so often in the post-season, it wouldn't be surprising if they need Tommy John surgery.

Complete games have gone the way of spittoons, flannel uniforms and pregame infield practice. An average of 9.32 pitchers were used in this year's post-season games heading into the World Series, according to the

Elias Sports Bureau, up from 8.16 in the 1996 and 5.70 in 1986. Matchup madness rules.

"A lot of it is just to protect your butt, that somebody else might have the information, so I better make sure that I make the move that they know I should be making instead of the move that I know I should be making," former big league manager Bobby Valentine said.

All those pitching changes contribute to World Series games turning into the late, late show.

After using a relative restrained three pitchers to win the opener 6-0, Cleveland sent seven to the mound for a 5-1 loss

6

This year, Chris Sale of the Chicago White Sox topped the big leagues with six complete games.

to the Chicago Cubs in Game 2, and they needed 196 pitches to get 27 outs. The nine innings took 4 hours, 4 minutes to play.

Through the league championship series, nine-inning post-season games averaged 3:22, up from 3:14 last year. The first four games of this year's World Series averaged 3:38. Much of that time

has been for trips to the mound.

"In the past you were looking for five really good starters. That's always your focal point," Toronto manager John Gibbons said. "Things have definitely changed but you can go back the last couple of years and look at the Royals, and the big talk was how they had those three guys late, actually four guys. The starter would go five or six innings and they would just turn it over to those guys. A lot of teams are trying to do the same."

THE ASSOCIATED PRESS

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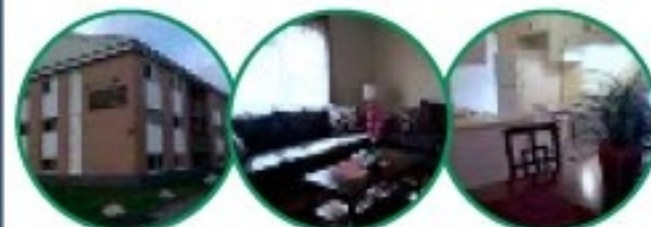
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RECIPE Roasted Pepper Penne



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

You know when you don't have time to make dinner? This is the meal you make. Enjoy the sweetness of roasted peppers, creamy cheese and satisfying pasta.

Ready in 25 minutes

Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients

- 500g penne
- 4 peppers (red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese (you can use parm too!)
- handful basil leaves, chopped

Directions

1. Preheat oven to 400 and

prepare baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast in the oven until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

4. Place drained pasta back into pot over no heat. Stir in reserved water, about 1/4 cup oil and butter. Using a micro plane, grate clove of garlic into the pasta. (while the pasta is hot so it cooks the garlic a bit.) Stir in the roasted peppers and cheese.

5. Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy!

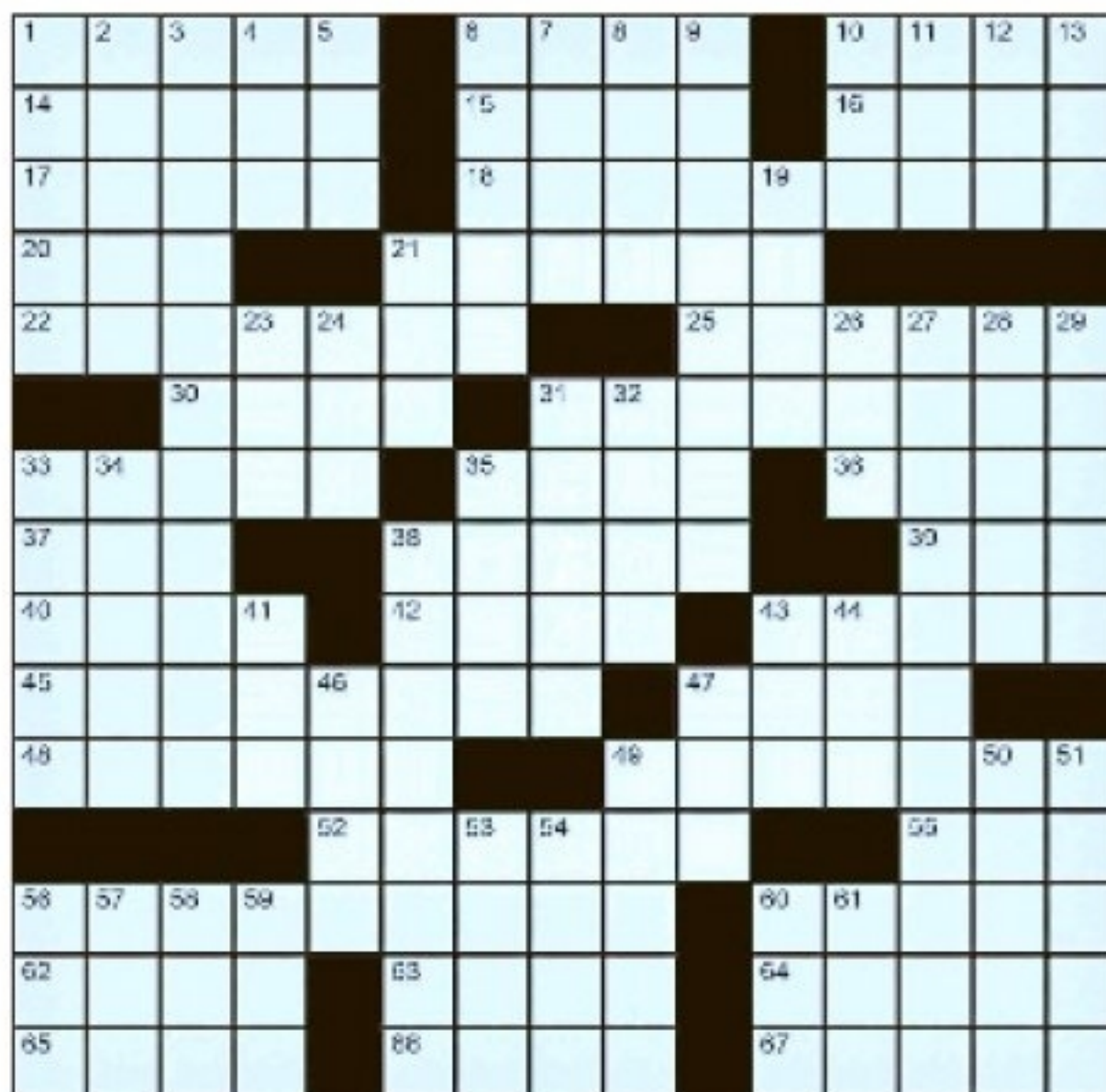
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BY KELLY ANN BUCHANAN

ACROSS

1. ___-lantern
6. Diane of "Something Wicked This Way Comes" (1983)
10. Mr. Stoker
14. Mistake
15. Tell ___ (Deceive)
16. Creature in Jodie Foster's 1991 thriller
17. Rendezvous
18. "Halloween" (1978) star Donald
20. Faucet
21. False
22. Fred of "Ghost Story" (1981)
25. Halloween costume
30. Sky toy
31. Vampire's favourite colour: 2 wds.
33. "All kidding ___"
35. Cruel
36. Hurting
37. Ancient 300
38. Torch's topper
39. Not 'neath
40. "Happy Birthday to Me" (1981) dessert
42. Skeleton's forearm
43. Harold of "Ghostbusters" (1984)
45. Shakes with fear
47. ___ and gore
48. ___ killer
49. Ellen of "The Exorcist" (1973)
52. Appearances
55. Promise to pay
56. 2002 horror about a giant prehistoric killer shark
60. Not slashed
62. Wickedness
63. Flemish painter, Jacob van ___ the Elder



64. Some sharks
65. Samhain celebrator
66. Utmost degrees
67. Annoying

DOWN

1. Volkswagen model
2. Tapestry

3. "Monster Mash" bit: "...with their vocal group, 'The ___ Five'."
4. Initials-sharers of Black Sabbath's famous lead singer's daughter
5. Supper fragment

6. Oversight
7. Ballet move, Pas ___
8. Prie-___ (Prayer bench)
9. Sci-Fi horror of 1983 directed by David Cronenberg, based on Stephen King's novel, with The: 2 wds.
10. Wheat: French

11. Sprinted
12. "The Walking Dead" US ailer
13. British honour [acronym]
19. "Weeelll?"
21. 'Post' opposite
23. Help
24. 'Meteor' suffix
26. Pros in 1982 horror

- flick "Visiting Hours"
27. Witch transports
28. "Able was ___ saw Elba." (Palindrome)
29. Broadway star Linda's of Jekyll & Hyde
31. Jelly ___ (Sweet treats)
32. Priest of Tibet
33. Bank customers have them, e.g.
34. Frighten
35. 'Miss' in Paris [abbr.]
38. Werewolf's illuminator: 2 wds.
41. Record co.
43. Sci-Fi play
44. French actress in "The Da Vinci Code" (2006) ...her initials-sharers
46. Release-from-the-slummer payment
47. "Psycho" (1998) director Mr. Van Sant
49. Tendencies
50. "Did you survive?": 2 wds.
51. Pecan-ish
53. Just ___ on the map
54. "Fancy that."
56. Li'l garage worker
57. All Hallows' ___
58. Mr. Bellows of "House at the End of the Street" (2012)
59. Carol of 2004 TV movie "Snakehead Terror"
60. MLB official
61. Scottish turn-down

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have lots of energy today to attend to banking needs, as well as anything related to shared property and inheritances. You will defend your own best interests, that's for sure.

Taurus April 21 - May 21
Discussions with partners and close friends will be lively today! You also will attract energetic people.

Gemini May 22 - June 21
You can get a lot done at work today because you're on the ball and full of energy! A female co-worker might help you. Do whatever you can to get better organized.

Cancer June 22 - July 23
This is the perfect day for Halloween because the Moon is in Scorpio. (Boo!) Scorpio is all about skeletons, spiders, snakes, secrets and scary moments!

Leo July 24 - Aug. 23
Your interaction with a family member will be powerful today. Quite likely, this person will be a female. Just go with the flow and be agreeable. (Wear a mask if necessary.)

Virgo Aug. 24 - Sept. 23
Short trips, errands and conversations with others will make this a busy day. Parents will get out with their kids to go trick-or-treating.

Libra Sept. 24 - Oct. 23
You have good moneymaking ideas today, which is why you should give them some serious thought. Some of you will think of ways to make home improvements.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which gives you lots of energy for Halloween stunts. Believe it or not, Halloween is a Scorpio holiday. (Who's behind that mask?)

Sagittarius Nov. 23 - Dec. 21
You will enjoy being in costume today, because Venus is in your sign. Sagittarians love all kinds of holidays, because they're an excuse for fun and good times!

Capricorn Dec. 22 - Jan. 20
Your interaction with a female friend will be fun and energetic today! Get into the spirit of things. Hand out some candy to the kids in your neighborhood.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. (I guess someone will find out you always wanted to fly a helicopter.) Trick or treat!

Pisces Feb. 20 - March 20
If you can travel today, by all means do. If you can't travel, just look outside, because Halloween costumes might be a stimulating change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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6	9	8	4	2	5	7	1	3
2	1	3	9	7	8	6	4	5
5	7	4	6	3	1	2	9	8
3	2	1	8	5	9	4	6	7
8	5	6	2	4	7	9	3	1
7	4	9	3	1	6	8	5	2

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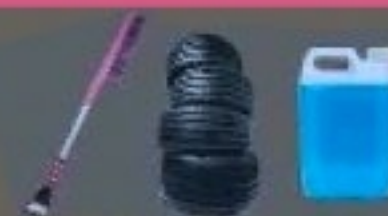
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